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Wednesday, July 26, 2017 metro.us | t: MetroNewYork | f: MetroNewYork

## CHRISSY TEIGEN RILES UP TRUMP

See why the president blocked her from Twitter. 14



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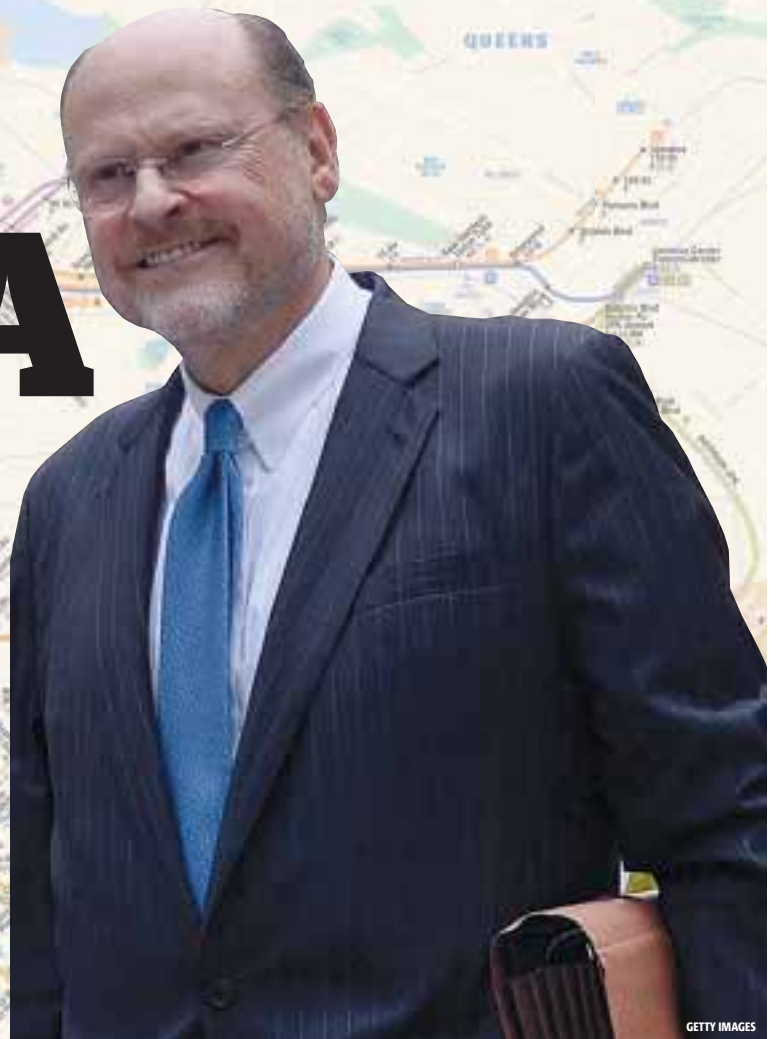
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# MAN WITH A PLAN

As politicians bicker and blame,  
the MTA has released a new plan  
that promises subway riders  
improvements within one year. 4



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**Jessica Sanchez**



## WELCOME TO METRO.US!



LENYON WHITAKER, MULTIMEDIA EDITOR

If you've ever walked into Starbucks and noticed baristas wearing different color aprons while working, there's a reason. According to the multibillion-dollar coffee company, each color apron has a meaning. Find out what they mean at [metro.us/lifestyle](http://metro.us/lifestyle).

## SENATE VOTES TO DEBATE ON HEALTHCARE REPEAL

**I** Senate Republicans narrowly agreed to open debate on a bill to repeal Obamacare, but the party's effort to roll back President Barack Obama's signature healthcare law still faces significant hurdles. The Senate deadlocked 50-50 on whether to move forward with the healthcare debate, forcing Vice President Mike Pence to cast the tie-breaking vote and send the bill to the Senate floor. The outcome was a huge relief

for President Donald Trump, who had pushed his fellow Republicans hard in recent days to live up to the party's campaign promises to repeal the 2010 Affordable Care Act, commonly known as Obamacare. But the narrow victory on a simple procedural matter raised questions about whether Republicans can muster the votes necessary to pass any of the repeal approaches the Senate will consider. **For more, see page 8**

## SINATRA'S FOURTH WIFE, BARBARA, DIES AT AGE 90

**2** Barbara Sinatra, the fourth wife of singer Frank Sinatra, died on Tuesday at the age of 90, her representative said. John Thoresen, director of the Barbara Sinatra Children's Center in Rancho Mirage, California, said in a statement that Sinatra died of natural causes, surrounded by her family and friends at her home in the desert city. Born Barbara Blakely, she was a former model and Las Vegas showgirl who mar-



ried the famed singer and actor in 1976. She had been married to him for 22 years when he died of a heart attack in 1998. She

had previously been married to Zeppo Marx, the youngest of the Marx Brothers comedy team. It was the longest of Frank Sinatra's marriages.



## MCCAIN RETURNS

**3** Sen. John McCain, who has been battling brain cancer at home in Arizona, made a dramatic return to the Capitol on Tuesday accompanied by his wife Cindy, to cast a vote to open the healthcare debate. He received an ovation from his fellow senators when he entered the chamber.

## US WARNING SHOTS FIRED NEAR IRANIAN VESSEL

**4** A U.S. Navy ship fired warning shots when an Iranian vessel in the Gulf came within 150 yards) on Tuesday in the first such incident since President Donald Trump took office in January, a U.S. official told Reuters. The last major incident was earlier in January, though there have been instances when a U.S. vessel fired a flare as well as an event in March when a U.S. Navy ship

was forced to change course after multiple fast-attack vessels from the Islamic Revolutionary Guard came too close. The U.S. official, speaking on condition of anonymity, said the patrol craft, named Thunderbolt, fired the warning shots after the Iranian vessel approached at high speed and ignored radio calls, flares and the ship's whistle. The Thunderbolt was accompanied by several U.S. Coast Guard vessels.

## HOUSE PANEL WANTS TECH CEOS TO TESTIFY

**5** The chairman of the U.S. House Energy and Commerce Committee on Tuesday asked the chief executives of Alphabet Inc., Facebook Inc., Amazon.com Inc., AT&T Inc., Verizon Communications Inc. and other companies to testify at a Sept. 7 hearing on the future of net neutrality rules. The U.S. Federal Communications Commission is considering tossing out 2015 Obama

administration net neutrality rules that reclassified internet service like a public utility. The rules bar providers from blocking, slowing or offering paid prioritization of websites. Many internet providers want Congress to step in and write permanent rules. Other chief executives asked to testify include the heads of Comcast Corp., Netflix Inc. and Charter Communications Inc.

## WHAT'S HAPPENING TODAY GOP BEGINS (AGAIN) DRAFTING OBAMACARE REPLACEMENT

The Senate will now launch what Mitch McConnell has promised will be a robust debate on healthcare that could include a variety of amendments. Senators said several approaches have been discussed, including a straight repeal of Obamacare with no replacement plan, or repealing and replacing the law while also overhauling Medicaid, the federal health insurance program for the poor and disabled.



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The MTA revealed how it's going to fix its aged and broken subway system. **FUCKR/MTA**

## Straphangers will see subway improvements within one year, MTA promises in new plan

The agency's two-part plan includes modernization, cutting response time to incidents and more.



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Amid aggravated New Yorkers, a state of emergency and a tug-of-war between City Hall and Albany, the MTA on Tuesday revealed its action plan for fixing its 113-year-old subway system.

Phase I of the two-part plan unveiled by agency Chairman Joe Lhota will start immediately and "attack" 79 percent of the common causes of subway incidents like delays and derailments, with visible improvements seen within one year.

The five-point first phase covers signal and track maintenance, car reliability, system safety and cleanliness, customer communications and a critical management group. Phase II, which will focus on enhanced subway cars, new signals and modernizing communications, will be detailed in the near future.

"New Yorkers are

rightfully frustrated with the current state of the subways, and their demands for better service have been heard," Lhota said. "We are committed to earning back their trust by implementing solutions that will enhance the customer experience in the short and long term."

John Raskin, executive director of Riders Alliance, called the plan the "first breath of relief" for city straphangers, "if the money is actually there to make it happen. The outstanding question is: Will Gov. Cuomo come up with a fair and sustainable funding source to ensure that the MTA can actually follow through on these plans?"

Mayor Bill de Blasio, who released his own MTA wish list on Monday, commended Lhota's plan at a news conference.

"We need change, and we need it quickly. I'm encouraged by Chairman Lhota's plan. Today was a step in the right direction," he said, vowing that the NYPD, FDNY and Department of Homeless Services "stand ready to help the MTA."

**What does the MTA's plan entail exactly?**

- Repair 1,300 problem-

atic signals.

- Clean 40,000 street grates to divert water and eliminate clogged drains.
- Dispatch teams to target stations with frequent incidents.
- Cut response time to track, power and signal issues from 45 minutes to 15 by tripling manpower.
- Expand from 950 to 1,000 subway cars to increase reliability.
- Add an extra maintenance and repair shift.
- Prioritize door inspection and repair, which causes 40 percent of breakdowns.
- Add cars to trains whose platforms can accommodate longer trains, such as the C line.
- Adding upgrades to train interiors as part of regular maintenance.
- Increase station cleaning by 30 percent.
- Expedite faster elevator and escalator repairs.
- Urging the NYPD to up their presence to deter harassment, sexual harassment, aggressive panhandling and littering.
- Double number of stations with EMT staff.
- Revamp customer communications and launch a new MTA app.
- Accelerate systemwide installation of countdown clocks.
- Rebuild management and operations.



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**Bloomberg**



## Guardian Angels founder Curtis Sliwa gets arrested at Gracie Mansion

The New York Reform Party chairman was trying to serve papers to Mayor Bill de Blasio regarding election ballots.



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Curtis Sliwa, the controversial founder of the Guardian Angels, chairman of the Reform Party of New York and a talk-radio host, was arrested outside Gracie Mansion on Tuesday morning.

Sliwa was outside Mayor Bill de Blasio's official residence to serve legal papers to the mayor that alleged he was trying to keep Reform Party candidates off city election ballots, CBS2 reported.

Sliwa told the station de Blasio does not want fellow Democrat Sal Albanese, whom the Reform Party endorsed in the upcoming mayoral race, running against him "because he feels that'll take votes away from him" as Albanese is "challenging him in the general election."

When reached for comment regarding Sliwa's allegations and arrest, de Blasio spokesman Austin Finan told Metro via email that "despite Mr. Sliwa's criminal court summons, crime remains at an all-time



Curtis Sliwa was trying to serve papers to Mayor Bill de Blasio regarding election ballots. YOUTUBE/CURTIS SLIWA

low in New York City."

When Metro spoke with Sliwa back in April, he called de Blasio "the dope from Park Slope because he just glides through the office."

When asked if he'd ever run for mayor or another public office on the Reform Party ticket, he said he would "love" to run for governor because "Cuomo is just so

corrupt."

Sliwa was charged with disorderly conduct for his visit to Gracie Mansion. He can be seen on video being forcibly removed while blocking the residence's driveway as the mayor's motorcade was leaving.

"Let me serve the mayor," Sliwa says as the motorcade exits while he is being detained.

## Police hunting for Queens rental scammers

Police are searching for a group of suspects who are believed to be behind a Queens apartment rental scam.

The public is being warned about the operation, which has conned renters out of thousands of dollars for already-occupied units advertised on Facebook, ABC7 reported.

The scam's first victim, a 40-year-old

woman, met with a man in East Elmhurst on April 1, handing him \$1,400 in return for apartment keys. To her surprise, the space already had tenants.

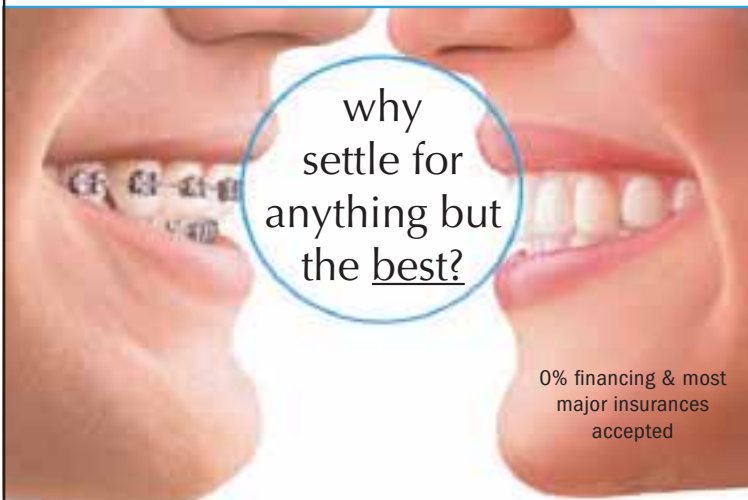
Two more renters were subsequently tricked, shelling out \$1,800 each in Elmhurst and East Elmhurst when they trusted that they were paying for vacated units.

On June 6, the latest case occurred in a Flushing neighborhood, where one of the conmen cheated an unsuspecting victim out of \$1,500.

Authorities have not yet identified the suspects, and the NYPD has urged anyone who may have information to call the Crime Stoppers unit at (800) 577-TIPS. AMY RUSSO

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# Senate advances on healthcare, with dramatic return by McCain

Republicans have found it difficult to fulfill their campaign promises to repeal Obamacare, which enabled 20 million Americans to get insured.

U.S. Senate Republicans narrowly agreed on Tuesday to open debate on a bill to end Obamacare, but the party's seven-year effort to roll back Democratic President Barack Obama's signature healthcare law still faces significant hurdles.

The Senate deadlocked 50-50 on moving forward with the healthcare debate, forcing Vice President Mike Pence to cast the tie-breaking vote.

Sen. John McCain, who was diagnosed this month with brain cancer and has been recovering from sur-

gery at home in Arizona, made a dramatic return to the U.S. Capitol to cast a crucial vote in favor of proceeding.

The outcome was a huge relief for President Donald Trump, who had pushed his fellow Republicans hard in recent days to live up to the party's campaign promises to repeal the 2010 Affordable Care Act, commonly known as Obamacare. Minutes after the vote, Trump called it "a big step."

But the narrow victory on a simple procedural matter raised questions about whether Republicans can muster the votes necessary to pass any of the various approaches to repeal. Moderates are worried repeal will cost millions of low-income Americans their insurance and conservatives are angry the proposed bills do not go far enough



Sen. John McCain leaves after a procedural vote on healthcare. GETTY IMAGES

to gut Obamacare, which they consider government overreach.

McCain received an ovation from his fellow senators when he entered

the chamber to cast a vote to open debate. After the vote, he decried growing partisanship in the Senate and urged members to learn how "to trust each

other again."

The 80-year-old, who has been in the Senate for three decades, said he would not vote for the healthcare bill "as it is today," and added: "I know many of you will have to see the bill changed substantially to support it."

Sens. Susan Collins and Lisa Murkowski were the only Republicans to oppose the measure, and with Republicans controlling the Senate by a 52-48 majority, those were the only votes the party leadership could afford to lose. Democrats were united in opposition to the motion to proceed.

Republican Sen. Ron Johnson, who cast the last and deciding vote to open debate, engaged in a heated discussion with Senate Majority Leader Mitch McConnell before casting his vote and ending the suspense. REUTERS

## What happens now?

Now that senators have voted to proceed with debating a bill ultimately planned as an Obamacare repeal and replacement, many people, including some senators, are wondering what happens next.

Senate rules state that both parties, Republicans and Democrats, will each be given 10 hours to debate the legislation and put forth amendments. Time reported. Then, the so-called "vote-a-rama" will begin, during which time senators will vote on the amendments that were proposed during the previous 20 hours.

"We're going to be doing a lot of voting this week, I hope you all eat your Cheerios," Texas Sen. John Cornyn said, according to the Wall Street Journal.

At the end of that process, because some amendments will require 60 votes to pass, which is unlikely in the nearly evenly divided Senate, a "skinny" repeal bill can be expected, the Wall Street Journal added. That bill, which would likely undo some of Obamacare's requirements but not fully repeal it, would then undergo a round of compromises, called a conference, between House and Senate leaders. JASON NUCKOLLS

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## Former White House photographer shuts down Trump's Boy Scout speech

Pete Souza put things in perspective once again on Instagram.

**MICHAEL MARTIN**  
@MetroPhilly  
letters@metro.us

At the National Boy Scout Jamboree, President Trump gave a speech that was, by dictionary definition, inappropriate. To a crowd of 35,000 boys who recite a creed that they will be "courteous," "kind" and "reverent," the president swore. "Who the hell wants to talk about politics?" he said, before beginning a speech about politics, before an organization that is avowedly apolitical.



A Cub Scout meets Barack Obama.  
INSTAGRAM/PETESOUZA

He talked about his electoral college victory — chastising Hillary Clinton for not working hard enough in Wisconsin — and a cocktail party in New York City. He threatened Health and Human Services secretary Tom Price, who stood onstage, to round up votes for Trumpcare or "You're fired." He goaded the boys into booing President Obama. He plugged the repeal of Obamacare, and the boys chanted "USA! USA! USA!"

There was not much in the way of traditional inspiration or mentorly advice. But it will go down in history as the first Jamboree — and perhaps the first presidential speech, period — that had commentators, former scouts and Twitter users drawing a direct line from the chanting, uniformed crowd to the Hitler Youth.

Enter Pete Souza. The former official White House photographer under President Obama, Souza has become something of a master of the artful Instagram burn. After a particularly grotesque Trump action, he will post a picture from the Obama administration reinforcing presidential norms. For example, after Trump refused to shake German chancellor Angela Merkel's hand, Souza posted a photo of she and Obama embracing. After Trump decried members of the G10 to their faces,

*"I can assure you, POTUS was not telling this Cub Scout and the Boy Scouts who followed about his electoral college victory."*

Read his caption

Souza posted a shot of Obama and the other leaders laughing effusively.

After yesterday's speech, in which Trump criticized Obama for never attending a Jamboree — although Obama was a Boy Scout, and Trump was not — Souza posted a photo of Obama meeting a Cub Scout to his Instagram.

"I can assure you, POTUS was not telling this Cub Scout and the Boy Scouts who followed about his electoral college victory," read his caption. "Some days this account is the only thing that makes the current administration bearable," one commenter responded.

On Twitter, former Boy Scouts decried President Trump's actions more pointedly.

The Boy Scouts of America organization tweeted its official policy — that it is apolitical. But they have not officially criticized the president's remarks.

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Sen. Susan Collins was overheard criticizing Donald Trump on a live mic. WIKIMEDIA

## Senators caught mocking Trump, fat-shaming congressman on hot mic

Two senators forgot the cardinal rule of talking smack following subcommittee meeting Tuesday: Always make sure the mic is turned off.

Sen. Susan Collins of Maine and Sen. Jack Reed of Rhode Island were caught on a hot mic at the end of a Senate Appropriations subcommittee hearing questioning President Donald Trump's mental health and slamming his administration's understanding of the budget process.

President Donald Trump's proposed budget eliminates a slew of grants that help provide welfare assistance for housing and transportation, which Collins said had her "worried."

"Wherever there was a grant, they just X-ed it out, with no metric, no thinking about it, no nothing. I mean it's just incredibly irresponsible," Collins said.

Reed called Trump "crazy," noting it's not a phrase he throws around lately.

"If we don't get a budget deal, we're going to be paralyzed with DOD," Reed says, referring to the Department of Defense.

He said without a new spending deal, the defense budget would pop out at \$549 billion for the coming fiscal year due to the spending ceiling

imposed by the Budget Control Act.

Collins said she wasn't even sure whether Trump even knows the BCA exists.

But Collins' criticisms weren't reserved just for Trump, she soon turned her attention to an overweight congressman who challenged Collins to a duel Monday when condemning Senate Republicans who are blocking the legislature's efforts to repeal and replace Obamacare.

Collins, a Republican, has been a vocal opponent of the Senate health-care bills so far, speaking out against its cuts to Medicaid and higher out-of-pocket expenses for customers.

Reed told Collins she needn't worry about Blake Farenthold's challenge because she "could beat the s— out of him."

"I don't mean to be unkind, but he is so unattractive, it's unbelievable," Collins responded.

Before the mic cut out, Collins asked Reed if she had seen the 2009 photos of Farenthold in his pajamas at a Texas fundraiser posing beside a "Playboy bunny."

In a statement Tuesday afternoon, Collins said Farenthold had sent her a handwritten apology and offered one of her own as well. ERIN TIERNAN

### TECHNOLOGY

#### Adobe to pull plug on Flash, ending an era

Adobe Systems Inc.'s Flash, a once-ubiquitous technology used to power most of the media content found online, will be retired at the end of 2020, the software company announced Tuesday.

Adobe, along with partners Apple Inc., Microsoft Corp., Alphabet Inc.'s Google, Facebook Inc. and Mozilla Corp., said support for Flash will ramp down across the internet in phases

over the next three years.

After 2020, Adobe will stop releasing updates for Flash and web browsers will no longer support it. The companies are encouraging developers to migrate their software onto modern programming standards.

"Few technologies have had such a profound and positive impact in the internet era," said Govind Balakrishnan, vice president of product development for Adobe Creative Cloud.

Created more than 20

years ago, Flash was once the preferred software used by developers to create games, video players and applications capable of running on multiple web browsers. When Adobe acquired Flash in its 2005 purchase of Macromedia, the technology was on more than 98 percent of personal computers connected to the web, Macromedia said at the time.

But Flash's popularity began to wane after Apple's decision not to support it on the iPhone.

In a public letter in 2010, late Apple CEO Steve Jobs criticized Flash's reliability, security and performance. Since then, other technologies like HTML5 have emerged as alternatives to Flash.

In the past year, several web browsers have begun to require users to enable Flash before running it.

On Google's Chrome, the most popular web browser, Flash's usage has already fallen drastically. REUTERS

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# Why Aren't Doctors Telling About These Two Often

## *Two Advanced Medical Treatments Every Knee Arthritis Sufferer*

New York City, New York

**NY Pain MD is a medical group with locations in Midtown NYC and Downtown NYC that has treated thousands of knee arthritis and joint pain patients.**

**Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.**

If you suffer with knee or other joint arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

### **Are There Any Better Options?**

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

*There are two options that many knee arthritis sufferers have never heard of.*

Before we get into the two treatments, please understand this...

**NY Pain MD** is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non-medical treatments promoted on the internet.

**Know this fact: There is no cure for arthritis.** But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

### **#1 Viscosupplementation**

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into

that, here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." Pharmaceutical companies (with the help of scientists) can now make natural synovial fluid gel-like compounds that, during viscosupplementation, treatments... doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

### **What Results Can Be Expected?**

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

### **But There Is A BIG Problem**

The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at **NY Pain MD** use Precision Arthritis Targeting Technology or P.A.T.T. so they can actually see the medicine going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without imaging technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology and without good results - this may very well be why.

That's why **NY Pain MD** takes it even one step further. They do not just use one-step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

### **Another Important Factor**

Viscosupplementation medications also come in several different "brands" or formulas. Like all medications, some people respond better to one than another. So, the experts at **NY Pain MD** use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at **NY Pain MD** have found that earlier you start viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why **NY Pain MD** is now seeing so many patients as young as 35 to 40.

**Summary:** If you have arthritis pain and have not tried Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results, you may still be able to get great results with the proper targeted imaging and specific medication.

### **What Should You Do If Viscosupplementation Fails?**

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

**This is not true...and here is why**

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

### **#2: Radiofrequency Treatment**

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

# Knee Arthritis Suffers Successful Treatments?

## *Needs To Know - Before Or After Knee Replacement Surgery*

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, then one two week later, Radio Frequency waves are applied for long term relief.

### Is It Safe?

Research has shown this to provide relief for patients and the procedure to be safe and effective.

One study published November 4, 2010 in the journal *Pain* found that RF treated subjects on average "achieved at least 50% knee pain relief at 1,4 and 12 weeks, respectively. No patient reported a post procedure adverse event during the follow-up period. Some studies indicate some patients may get years of relief in some cases." RF neurotomy (radio frequency treatment) of genicular nerves leads to

significant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all procedures, results will vary patient to patient.

### Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

*RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.*

*RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.*

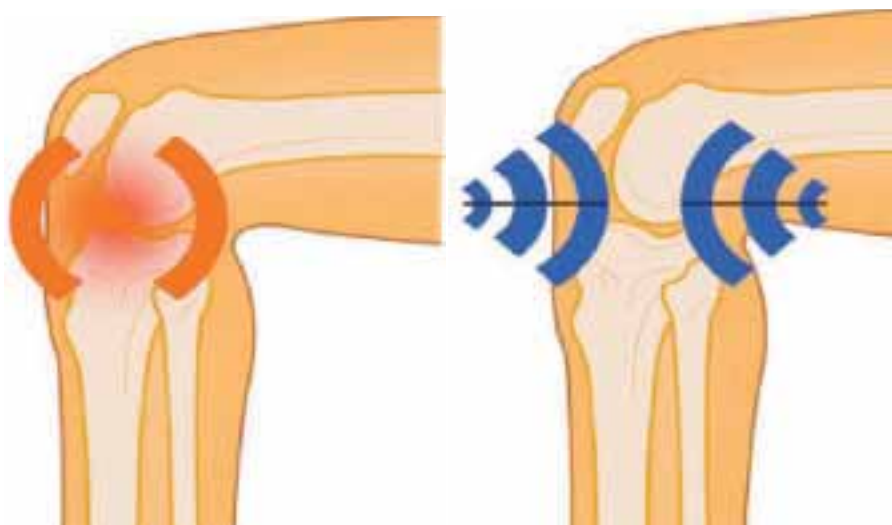
*The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and provided relief.*

### What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

## Advanced Treatment Uses Medical Radio Frequency Waves To Relieve Pain



**Science rescues knee arthritis sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.**

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

*NY Pain MD* believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over to be treated at their advanced medical clinics.

*NY Pain MD* offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at *NY Pain MD*

If you would like a complimentary screening, just call 855-456-PAIN [7246] and tell the scheduling coordinator "I would like a complimentary knee arthritis screening." The screenings fill up fast every month. If you do not call in time to get one this month, the scheduling coordinators will get you appointed for next month

This screening is no cost and no obligation. Many of the treatments offered are covered by many insurance plans and Medicare

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## LOL, Trump blocked Chrissy Teigen

Well, it finally happened: President Donald Trump blocked long-time troll and Sports Illustrated swimsuit model Chrissy Teigen on Twitter.

The famously thin-skinned president has made a habit of blocking people who criticize him on the internet, but Teigen has been throwing shade at Trump for nine years without consequence. Until Tuesday.

And all it took to get blocked were five little words.

In response to a post Trump wrote Sunday saying, "It's very sad that Republicans, even some that were

carried over the line on my back, do very little to protect their President."

Teigen's response? "Lolllllll no one likes you."

This is far from the first time Teigen has trolled Trump — she told the president to "grow up" June 8 after he (once again) tweeted that The New York Times was "fake news." "You are 71 f—ing years old," the "Lip Sync Battle" host wrote. "Grow. The f—. Up."

Apparently that's all good — but telling the president no one likes him was enough to make 45's blood boil.

ERIN TIERNAN



It only took nine years of hate.  
ALL PHOTOS GETTY IMAGES UNLESS OTHERWISE STATED

## Prince Albert would like a word

Prince Albert of Monaco is no stranger to royals and non-royals falling in love and stuff. I mean, his mom was Grace Kelly, who was not an official royal at all until her marriage to Prince Rainier.

And as far as he's concerned, that gives him enough reason to give his opinion about Prince Harry and Meghan Markle's

very quiet, very torrid love affair. And he thinks they're doing "a pretty good job so far." Thanks, Al!

He also gives a warning, like some sort of royal spooky ghou, that although they're having a "good deal of success so far," it probably won't last for long. "Sooner or later, she's going to have to face the full onslaught.

I can't imagine how that will be on them, on her." Damn, spooky ghou!

All right, now that that's done, I can go back to looking at pictures of a young, handsome Prince Albert. My dude used to be a stunner, OK?



RACHAEL VAUGHAN CLEMMONS  
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rachael.clemmons@metro.us

## John Mayer approves of Justin Bieber's canceled tour



On Monday, news broke that Justin Bieber had canceled his

world tour due to "unforeseen circumstances." Bieby Baby is just going through some real s—.

Now, John Mayer has decided to reassure everyone that Bieber made the

right decision, which, girl, I guess.

The very talented, very thirsty singer-songwriter took to Twitter to be like, hey guys, I met Justin one time and this decision seems A-OK with me!

"When someone pulls remaining dates of a tour, it means

they would have done real damage to themselves if they kept going," Mayer wrote.

"We've lost so many great artists lately. I give Justin [two white emoji thumbs up] for realizing it was time to call it. You should too." Inspirational!



Thanks for your opinion, John!

## Ciara is a cool mom



Ciara cares not for the peanut gallery. [INSTAGRAM/@CIARA](https://www.instagram.com/ciara)

her chest. It's whatever, honestly!

"Wish I could put into words how fun this was! Going down in the toboggan at the #GreatWallOfChina with my family," she wrote. And, boy, were people pissed — tons of commenters shamed her for being a "dumb parent" that made "dumb decisions."

Meanwhile, Ciara is literally on vacation in China right now with her entire family, assimilating to the culture as best she can. So, yeah, I think she's doing just fine.



Tell us what's on your mind, Al.



At the end of April, Ciara welcomed daughter Sienna Princess with her husband, Russell Wilson. I'd say it was chill, but chill isn't Ciara's brand, so she announced Sienna's birth with her standard amount of fanfare.

Now, the "Goodies" singer is causing what Page Six has the gall to call "quite the stir" on social media. But it's only because she shared a video of her riding a toboggan in China with her three-month-old daughter strapped to

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# Lily Collins' teachable moment

How "The Last Tycoon" actress is amplifying the conversation around eating disorders.



RACHAEL VAUGHAN CLEMMONS  
@rachaelclemz  
rachael.clemmons@metro.us

For the majority of our interview, Lily Collins plays it straight. She sticks to her talking points. She only shifts ever so slightly in the very plush armchair of the Whitby Hotel in Manhattan, glancing here and there at her publicists from underneath her famously glorious brows. But when I tell her I'm done asking questions, she immediately relaxes. "Awesome! Great! Cool time!" she says, genuinely. Her shoulders loosen, and finally, briefly, her innate charm shines through. We talk about style, we talk about tattoos, and just like that, our time is up.

Of course, you can't blame her. The 28-year-old has been hustling hard lately, promoting both "The Last Tycoon," and "To the Bone." The former is yet another take on F. Scott Fitzgerald's gilded age, in which the "Mirror Mirror" actress plays the young, tenacious Celia. The latter is a brutally honest look at eating disorders. Collins plays Ellen, a woman struggling with anorexia, who isn't so far away from herself.

See, the British-born Los Angeles native is no

stranger to eating disorders — most recent articles about the actress and, yes, daughter of Phil Collins are obligated to mention that she had her own battle with anorexia as a teenager. But she's determined to make her experience the most teachable moment. "It's been an incredibly therapeutic experience and process for me," she says. "It's pretty special."

Here Collins talks leading by example, body positivity, and being in it to win it.

**How is your role as Celia on "The Last Tycoon" different from the things you've done before?**

For me, I'd never done anything in the 1930s. There's just so much going on within the politics of the time that played into how to portray this character. I really enjoyed playing someone that's a go-getter, that wants to do more than what people think she's capable of, and [to be able to] do it over the span of so many episodes.

**Have you taken her ruthless approach and applied it to your own career, at all?**

Oh, 100 percent! I've always wanted to produce, direct, write, all that. And seeing someone younger than me do it, to see what she goes through to get it done, that's inspiring to me. She's the young one, but she's willing to fight to be taken seriously. She's in it to win it.

**Shifting a bit to your other most recent project. You've opened up about your past battle with anorexia in tandem with "To the Bone."**

How are you finding balance these days? It's definitely helped me, verbalizing things that I probably never would have before. I did this movie so that other people would feel less alone. And I've been given that gift back every day.

Marti [Noxon, the film's director] and I aren't starting this conversation, we're amplifying it. So I'm really proud of it.

**How do you think people can balance body positivity but still be inclusive?**

Strong comes in many different forms. I used

to view healthy as what perfection looked like, not what healthy felt like. And for me, food as fuel, not punishment was a really strong mentality to switch over to. When you fuel your body, you are the most powerful version of yourself. So you can't judge based on what you see — it's all about how you feel.



Collins stars in Amazon's "The Last Tycoon" as Celia, a young and determined go getter. AARON EPSTEIN / AMAZON PRIME VIDEO

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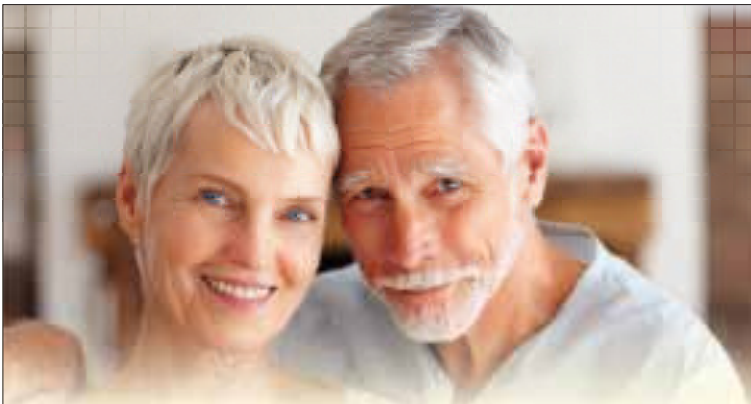


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# Should we be worried

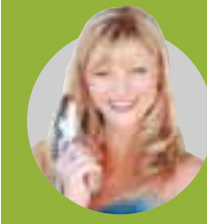
We're two episodes deep into our seven-episode season of "Game of Thrones." A while back, I wrote an article called "In Defense of Sansa Stark." Back then, I had a lot of respect for her character. "Sansa's passivity and 'girliness' may have gotten her into the situation, but it's also gotten her out. Her ability to adapt has saved her life. She's taken her 'weaknesses' and turned them into strengths. As we saw in her final moments in season four, she's adapting yet again, and no one is going to see her coming."

After this Sunday's episode, I'm concerned about what's coming. It's looking like she's going to do something stupid. That's all anyone has said about her since the episode aired. She's going to join forces with Littlefinger. She's going to ally herself with Cersei to prevent Daenerys from taking the North. She's going to piss off Lyanna Mormont and get her head cut off. (Do not cross Lyanna Mormont!)

## JENNA BUSCH

Geek Girl in Hollywood

Jenna Busch takes on the way pop culture snubs its female fans. For more columns, visit [metro.us/jenna-busch](http://metro.us/jenna-busch) as well as her site, [legionofleia.com](http://www.legionofleia.com)



I'm inclined to believe that at least one of those is true. Here's why I'm fine with it, even though I disagree with her suspected choices.

First of all, it would make total sense. Sansa has been through a hell of a lot. Two marriages were forced on her. She was beaten, raped and held prisoner more than

once. She was raised to be a soft, delicate princess and she's been through hell with no preparation. Of course she would resent her "brother" for taking her power away when she just got some in her life. Some of his choices might not have been the best, or at least it would seem that way to anyone who hasn't seen the white walkers. Sansa also just murdered her husband. Yes, he more than deserved to be eaten by dogs.

The thing is, this woman was not trained as a warrior. She had the intestinal fortitude to get it done, but murder has an effect on people. She might not be making good choices after that. Look, it's clear that even Arya is starting to show signs of what she's become. She's not thinking any clearer than Sam is when he decides to cure Ser Jorah despite what the Masters will do to him for it. So, maybe now I'm done defending her character. But there is another reason I bring



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## about Sansa Stark?



Sophie Turner's Sansa Stark may not be doing that hot on the new season of "Game of Thrones."  
HELEN SLOAN, HBO

this up.

I just wanted to say that it's notable that we have so many female characters doing more than just sitting around or being attacked this season. We had a war room full of Queens and female leaders of all ages. There are enough female characters of conse-

quence on the show now that one of them making the wrong choices and seeming weak or petty doesn't stand out.

Sansa doesn't have to represent her entire sex, which often happens when there just aren't that many. Many of us get angry when one of the few women on a

show is weak or stupid because there just aren't enough of them. I've had my issues with the portrayal of women in "Game of Thrones" in the past, but there are finally enough that I can be annoyed with Sansa and let it stand at that.

Do not piss off Lyanna Mormont.



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NEIGHBORHOOD GUIDE

# Old meets new in the East Village

The area has lost some grit for glam.

ELIZABETH WHITE  
@MetroNewYork  
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Stroll through the East Village, and remnants of the counterculture scene abound — the anti-mainstream movement of the 1950s found a home in the nabe, drawing in musicians, artists and writers, including Andy Warhol and the Beat poets.

Fast forward to the 1970s, when the East Village was home to CBGB, the birthplace of the New York punk scene that spawned acts like the Ramones and Blondie.

But that grit has been eroded by a surge in development of multimillion-dollar condos and

chic restaurants.

The neighborhood has drastically changed over the last 20 years and has “shed some of the edginess it was once known for,” says Grant Long, StreetEasy’s senior economist.

“Now you’ll find a mix of older institutions like Veselka and McSorleys next to new businesses.”

These days residents include wealthy professionals, young and old, as well as college students and recent grads, Long explains.

Olivia Ford recently moved to the area after graduating from Fairleigh Dickinson University in New Jersey and works at the Irish Arts Center in Midtown.

“Living in the city can be intimidating,” she

says. “There is a perception that everybody is out there on their own, but the East Village really does take on its name



St. Marks Place DUSTIN NILES

of being a ‘village.’ I’ve only lived here for two months and have already made friends with people and

businesses on my block. I see a lot of the same faces day after day and that’s comforting.”

From a real estate perspective, the neighborhood is a combination of both newer condominiums and older pre-war, low rise apartments.

The median asking rent is \$3,399, which is lower than other neighborhoods in downtown Manhattan.

There is a trade-off for cheaper prices, explains Long. This could mean an older building, a longer walk to the subway, a more cramped space or several flights of stairs.

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Grffiti found in the area DUSTIN NILES

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# Who are the favorites to land Kyrie?

The 25-year-old star point guard's odds of joining the New York Knicks are pretty high.



JOE PANTORNO  
@JoePantorno  
joseph.pantorno@metro.us

The basketball world has been on fire ever since Cleveland Cavaliers star point guard Kyrie Irving requested a trade from the defending Eastern Conference champions.

While it is not guaranteed that a deal will actually happen, the 25-year-old gave the Cavs his four preferred landing spots should he be shipped out of town, giving Minnesota Timberwolves, Miami Heat, San Antonio Spurs and New York Knicks fans hope that they might acquire Irving.

In a day and age where you can bet on everything and everything, Las Vegas has already

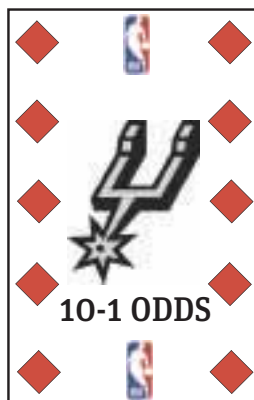
broken down the odds of which team Irving will be playing with come opening night of the 2017-18 season.

If you're a Knicks fan, it's okay to get excited.

While the odds say one thing, the market might suggest something else entirely. It's unlikely that Carmelo Anthony will waive his no-trade clause to go to an Irving-less Cavaliers team and he — alongside a few draft picks — would likely be the most the Knicks would offer for Irving.

Anthony disclosed that the only team he will really waive his NTC for is the Houston Rockets, who are piecing together a superteam that already includes Chris Paul and 2017 MVP runner up James Harden.

Should the Cavaliers ask for Kristaps Porzingis and only Kristaps Porzingis, Knicks fans can kiss any chance of getting the star guard goodbye:



GETTY IMAGES

## Yanks have pieces to get Gray

Oakland Athletics starting pitcher Sonny Gray is one of the most coveted arms currently on the market with less than a week remaining until Major League Baseball's trade deadline.

While teams like the Houston Astros have emerged as favorites to sign the right-hander, a new team has emerged as a leading contender.

A source informed MLB Network's Jon Morosi that the Yankees could be a preferred trade partner of the Athletics should they trade Gray.

It looks as though the team is looking to add young outfielder prospects and the Yankees have a big one in Estevan Florial.

Currently playing in single-A Charleston, the 19-year-old center fielder is batting .293 with 11 home runs, 40 RBI and 16 stolen bases in 86 games. Florial is currently ranked as the Yankees' fifth-best prospect in the minors by MLB Pipeline.

The addition of Gray would give the Yankees' a pretty imposing top of



Interest in Yankees prospects could land Sonny Gray in the Bronx. GETTY IMAGES

the rotation. Luis Severino and C.C. Sabathia have carried the load while Masahiro Tanaka's inconsistent season has left something to be desired. On top of that, Michael Pineda's injury woes have left New York relying on Luis Cessa and Caleb Smith for spot starts.

Gray brings a bona

fide arm to the rotation that would round out the rotation nicely as they near their stretch run for the postseason.

The 27-year-old has two years of arbitration before becoming an unrestricted free agent in 2020. This season, he is 6-4 with a 3.66 ERA and 85 strikeouts in 91 innings. JOE PANTORNO

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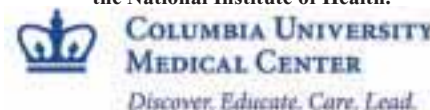
**If eligible, participants receive:**

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- ♦ Monetary compensation

*If interested, please call*

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The study is conducted at New York State Psychiatric Institute/Columbia University Medical Center and is funded by a research grant from the National Institute of Health.



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### Across

- 1 Garage service
- 5 Baroness Karen
- 9 Twinkle
- 14 News article
- 15 Renoir subject
- 16 State-run game
- 17 After-hours
- 18 Prop
- 19 Ess moldings
- 20 Showed appreciation
- 22 Peers hard
- 24 Prevent
- 26 Yorkshire river
- 27 Saunters along
- 30 Courier
- 35 Battery post
- 36 Period of time
- 37 Oak or maple
- 38 Lubricate
- 39 Fencing
- 42 Precious stone
- 43 Stir up
- 45 Patricia of "Cookie's Fortune"
- 46 Roomy
- 48 Big business
- 50 Go quickly
- 51 Moo goo -- pan
- 52 Mini or maxi
- 54 More hazy
- 58 Function
- 62 Just perfect
- 63 Surmounting

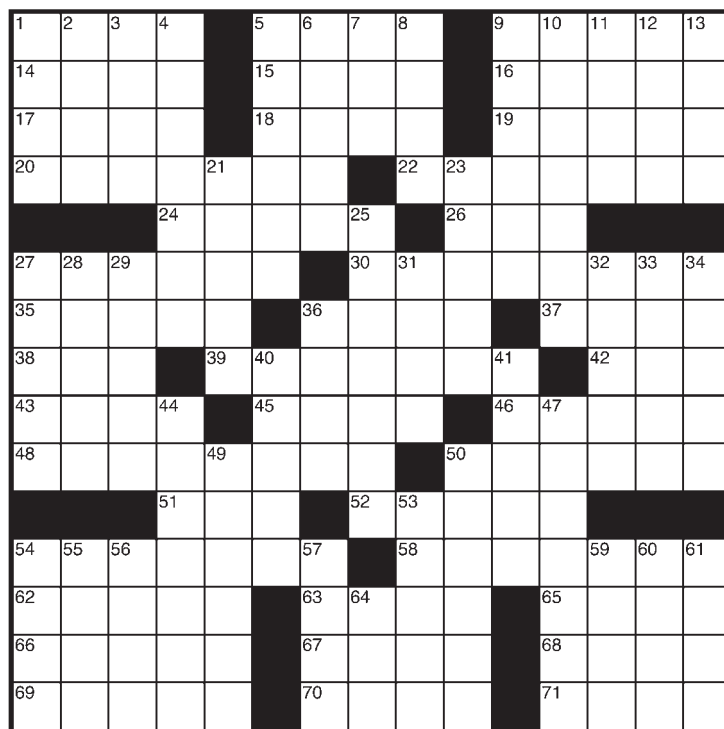
- 65 Tax shelters
- 66 Beatles drummer
- 67 Munro's pen name
- 68 Groom a poodle
- 69 Contemptuous look
- 70 Line up
- 71 Sainted

### Down

- 1 Cheerful tone
- 2 Beehive State
- 3 Early VCR format
- 4 Corrected
- 5 Shore indentations
- 6 Soft leather
- 7 Toothpaste-approving grp.
- 8 Follett and Norton
- 9 Wheat products
- 10 Most sluggish
- 11 Two fives for --
- 12 Dele's undoing
- 13 "Bonanza" brother

- 21 -- up (on edge)
- 23 Zorba portrayer
- 25 Shows again
- 27 New Zealand language
- 28 Pizza topping
- 29 Kind of geometry
- 31 Junk or snail --
- 32 Jargon
- 33 Entertainer Della --
- 34 Mideast nation
- 36 Tea-leaves reader
- 40 Free from restraint
- 41 Look daggers at
- 44 Redcap's concern
- 47 Big bird
- 49 Chantey singer
- 50 Flower child
- 53 Flakes
- 54 Cone bearers
- 55 Valhalla honcho
- 56 Autry of oaters
- 57 Talk hoarsely
- 59 The younger Guthrie
- 60 Follow
- 61 Glimpse
- 64 Chinese "way"

## metro.us/crossword

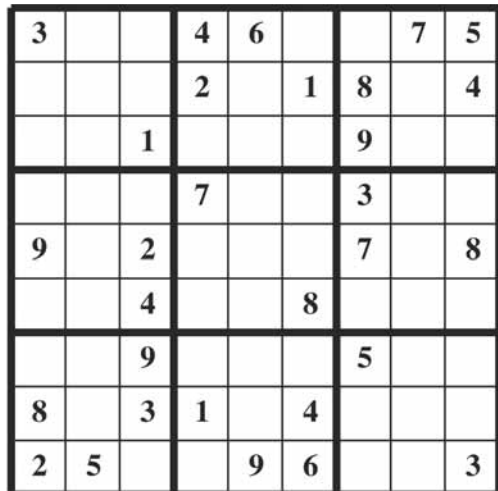


## metro.us/sudoku

easy



hard



## metro.us/horoscopes



**Aries** Aim to work hard and play to win. If you do your best, you won't be disappointed with the results. Precision and attention to detail will pay off.



**Taurus** Look for solutions that you know are a good fit. Conservative action will keep you out of harm's way. A business trip will be informative. Learn as you go.



**Gemini** Emotional self-deception and being misled by others are prominent. Don't make a move or a promise until you have facts and figures to back you up.



**Cancer** Facts will help you persuade others to do things your way. Anger will not solve problems, but realistic propositions will. A moderate plan and strategy are favored.



**Leo** Refuse to let anyone take advantage of your helpful nature or manipulate you emotionally. Size up whatever situation you face and offer only what you feel is sufficient.



**Virgo** Keep your facts straight and ask questions if something that someone says sounds suspicious. Being informed will help you avoid making a mistake.



**Libra** An emotional issue will arise if you don't agree with a sibling, friend or neighbor. Be careful not to offend anyone or let someone put demands on you.



**Scorpio** Refrain from offering too much. Guard against being taken advantage of by someone you are trying to help. Offer suggestions, but don't do the work yourself.



**Sagittarius** Communication will be difficult and confusing today. Ask questions if you feel uncertain or think someone is leaving out information you need to make a good decision.



**Capricorn** Discipline and hard work, along with being relatively quiet about your plans, will help you achieve your goals. Don't let a personal incident slow you down.



**Aquarius** Think twice before you make a change to your appearance. Behaving excessively will turn into a costly affair. Discipline will be required to avoid a risky experiment.



**Pisces** Get to the bottom of a situation that is uncertain or confusing. Someone's persuasive tactics will put you in a vulnerable position. Think before acting. **EUGENIA LAST**

Yesterday's answers									
SLIM	BREA	LANKA							
PUMA	OARS	ONAIR							
REPLEN	ISH	ANISE							
AGE	EST	YODELS							
TOLERATE	REX								
XII	NEBRASKA								
AGAPE	JEDI	TEAM							
COLA	LIMIT	INTO							
LOON	ALIE	TOTES							
UNUSABLE	BAN								
IDO	STOPSOFF								
CAVORT	ATE	PEI							
JOKER	REHASHING								
EMILE	IRON	INCH							
TONYS	PREY	MEET							

Can't wait until tomorrow to check your answers? Visit [metro.us](http://metro.us)



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